WHAT IS CLAIMED IS:

1. A method for drawing an optical fiber from an optical-fiber preform, the method comprising:

a step of heating one end of the optical-fiber preform for melting and drawing the end of the optical-fiber preform;

a first spin-forming step for applying a first predetermined spin to the optical-fiber preform in a first predetermined direction that is perpendicular to a direction in which the optical-fiber preform is drawn; and,

a second spin-forming step for applying a second predetermined spin to the optical-fiber preform in a second predetermined direction according to a predefined spin function.

2. The method as claimed in claim 1, wherein the optical-fiber preform is twisted with different numbers of turns in the first and second spin-forming steps.

3. The method as claimed in claim 1, wherein the optical-fiber preform is subjected to the spin-forming step between the first and the second predetermined directions according to the following equation:

$$S(z) = \alpha_0 Sin(2\pi f_0) + n\alpha,$$

where $S(z)$ represents a spin function, α_0 represents a spin amplitude in turns/meter, f_0 represents the center frequency, and α represents an integer.

4. The method as claimed in claim 3, wherein the first spin-forming step is performed according to the term defined by: $n\alpha$ of the *S(z)* equation.

5. The method as claimed in claim 3, wherein the second spin-forming step is performed according to the term defined by: $\alpha_0 Sin(2\pi f_0)$ of the *S(z)* equation.